

BRIDGES

WEDNESDAY, AUGUST 5, 2015

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A STARPHOENIX COMMUNITY NEWSPAPER



INCH BY INCH ROW BY ROW

A LOOK AT WHAT MAKES
OUR FARMERS' MARKET GROW

P. 4

Stacy and Jason complete

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

WENDY FEHR

Shifters: Horizons plays with time

What would you do if you had an hour inside of every minute or a month inside of three days? What would happen if extra worlds existed in three others that you saw and more interestingly what would happen if those worlds collided with ours? These are the types of questions I was thinking about as I only batted on the writing of *Shifters*.

Shifters: Horizons is the first of three books in the series. It is the tale of Elly, a middle twenty-something whose social media existence leaves her determined to keep her old behavior to herself. However, Elly's plans change when she meets Ethan, who has been sent from another layer of time to protect her. Besides



Wendy Fehr

by Elly comes free to her with a third concept of time. She finds herself guarded by an enemy who is beside to use Elly's talent for dreaming things against the very people protecting her. Our heroine

meets without her doubts, her big fears and rise to an impossible challenge in order to save two worlds and the people she loves.

I initially began writing *Shifters* for my four children. We often made up stories to pass the time while we waited somewhere for someone or something I would ask my children

to name a character and a setting and we would work together to make a story come to life using their own real ideas.

It was when my oldest daughter complained that there were "too good books" for someone her age that I decided to challenge her judgement with a story relating my actual own days about time. I added a touch of what I could remember from my own twenty-some summers and threw in some interesting characters and concepts I kept the settings familiar. I wanted the reader (my daughter specifically) to feel as though they could simply step into the tale — as if it might, just perhaps be about them.

The story grew and evolved over several years, becoming my first project and earning its place as a first-time first. I wrote, my daughter critiqued, my son developed the artwork and my husband edited. Ideas were discussed and the plot evolved until we arrived at the finished product.

Shifters: Horizons can be purchased at McNally Robinson Bookellers in Saskatoon. It can also be found online at the following sites: Amazon (paperback and Kindle), www.amazon.ca/gp/B00F93555Z/ Kobo store kobo.com/ca/CA/ebook/shifters-horizons also <http://itunes.com/976317> for further information visit

Shifters

Horizons



Wendy Fehr

my website at www.shifterspress.ca where you will find book excerpts, links and contact information. You will find me on Twitter @wendyfehr and on Facebook at www.facebook.com/shifterspress



Palliative Care Services Walk of Memories

Everyone is invited to participate in the Walk of Memories to remember loved ones and support Palliative Care Services.

There is no cost to participate. Shuttle service is available between sites.



St. Paul's Hospital



Sunday, August 16th
Gathering time: 1:30 p.m.
Walk begins at: 2:00 p.m.
Refreshments: 3:00 p.m.
Start: Kiwanis Memorial Park Band Shell (Spadina & 20th St.) and walking to the End: W.A. Edwards Family Centre (333 4th Ave. N.)
(Parking provided at Saskatoon Funeral Home)

For more information about the Walk of Memories please call 655-4346.



Nuts About Nature At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
Are there bears at Beaver Creek?
Gillian

We do not have 'bears' at Beaver Creek, but instead we have a cool creature called a 'land lizard' or 'lizard'. Lizards are tiny, microscopic creatures with eight legs that live in mosses, lichens and on houseplant plants which they eat. Scientists from the midwestern 'wild west' due to their small, round bodies and cute appearance. The most remarkable thing about lizards are their ability to survive almost anything! They can survive boiling to sub-zero temperatures, extreme pressures like at the bottom of the ocean, levels of radiation, subzero and even survive in the complete absence of 'oxygen space'. You might be asking yourself how can they possibly do this without being a superhero? Lizards have the ability to go into what scientists call 'cryptobiosis', which means they stop eating, moving and breathing, but are still able to remain alive. It's kind of like hibernation, but while in cryptobiosis water bears can survive some of the most onerous conditions imaginable for long periods of time. They are also one of the most adaptable animals because they are cool with living just about everywhere.

Send your questions to me at the address below, then watch Bridges for the answers

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Meewasin



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The Simons family booth has been a fixture at the Seakatoon Farmers' Market. BRIDGES PHOTO BY LIAM RICHARDS

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Asking what themes drive her style, Chelsea Kaspak says "Fashion trends and confidence." BRIDGES PHOTO BY LIAM RICHARDS

BRIDGES COVER PHOTO BY LIAM RICHARDS

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ON THE COVER

I really can't believe it has been 40 years
since we started this. — Audrey Sampkins

SASKATOON FARMERS' MARKET

From humble beginnings to a fixture in city

By Sean Trembath

The Sampkins family's story is intertwined with the four-decade history of the Saskatoon Farmers' Market.

"I really can't believe it has been 40 years since we started this. It sort of blows my mind, actually," Audrey Sampkins says.

A lot has changed in that time. What started on the roof of the old Coop building moved to City Hall and many other spots around town before settling at the current, perennial location. The first markets were all farmers, but now not every vendor is a producer.

Some other less tangible factors have stayed the same. Audrey still owns the same spot that drives her husband George and all the other original members to start the market. The vendors know each other and work together.

"Most of the members is age-wise. If we're not going to be here with potatoes next market, we tell the other producers, and they'll bring more," she says.

George died last year and Audrey is well past the age many choose to retire, but the family isn't going anywhere. Audrey's children Dan, Jon and Robert are now running the business offering fresh produce twice a week.

Just a few weeks away her sister-in-law Joanne Sampkins has her own health. There is 40 years of the market running in their blood, and a family tradition going back even farther.

George Sampkins' grandparents' homesteaded in 1900 and immediately started growing vegetables to sell in Saskatoon. The trade was passed down to George's father, then George and his brothers.

In 1975, they were all founding members of what is now the Saskatoon Farmers' Market. It was briefly called the Todd Lane Farmers Market. Audrey says after a historic co-operative founded in Regina in the 1930s,



Joanne Sampkins remembers the first day the Saskatoon Farmers' Market opened in 1975. SHANE PHOTO BY LAM NGUYEN

One thing dad always used to say is that diversity is really the key. The more different stuff you have, the more of a draw you are — Dixon Simpkins

The original location on top of the Co-op got crowded and several times, Audrey says, prompting a move to behind City Hall.

Joanne remembers that first year as a busy one.

"It was kind of new to the stationers. It was like a foreign," she says.

"One time we came with crab. I never. We didn't even have time to get the crab out. People were just grabbing it and taking home much."

The organization had 40 members in 1973 and grew steadily. By 1979 there were 200, although not all were active, according to Audrey. They moved to the front of City Hall, across from the library in 1980. Through the years members would set up outdoor markets to spread the word to supplement the main offering.



Jennifer Simpkins, from left: Dixon Simpkins, Audrey Simpkins and Gita Simpkins at the market. Photo by Jeff Lamm for WFLA.

The move to the current location, a defining feature of Riverdale, came in 2007. They had planned to be in by September 2006, but building delays slowed the process.

"It has a sense of excitement plus a sense of relief, that we're finally there," Pat Gidycz, the president of the market's board at the time, told The Star-Phoenix just days before the grand opening in May 2007.

The transition wasn't perfect. Some customers weren't as comfortable with Riverdale.

"When we first moved here, a lot of the older clientele didn't come down," Joanne says.

There was also a lot of work being done in the area at the time.

"The biggest problem was there was so much construction here. They blocked streets off and had big piles of dirt blocking everything," Audrey says.

That short-term inconvenience has led to some long-term gain. Construction and development in the neighborhood has shifted attitudes about the area.

"Now that it's done, it looks pretty good and it does help bring people down," Dixon, one of Audrey's sons, says.

Even when surrounded by new construction, there were some unexpected positives. A permanent inside location was a boon during the colder months.

"For the winter markets it made a tremendous difference. They're better at products they were anywhere else," she says.

While the cooperative spirit of the original market sessions, Audrey says, the clientele has shifted.

"I think it's a different generation we're dealing with now," she says. "It's more mixed and in a hurry. Everyone wants to be waited on 10 minutes ago."

Some customers, especially the young and urban, have misconceptions about where produce comes from.

"A lot of them don't realize we produce our own stuff. You can't come on the first of May and expect corn, or cucumbers," Audrey says.

A societal shift toward fresh, clean, unprocessed eating has been helpful. People are concerned about how their vegetables are grown and what is in them. It's paid for itself, even if it has led to a few funny conversations.

"A lot of people are confused about it. They'll ask if the carrots are gluten-free. That doesn't really make sense," Audrey says.

At the same time, such interactions provide teaching opportunities and a chance to build rapport with buyers.

"This market would be dead if it wasn't for the customers who come every week," she says.

Continued on Page 8



Jennifer Simpkins weighs produce for customers at the farmers' market in WFLA. Photo by Jeff Lamm for WFLA.

It was kind of new, so the customers, it was like a frenzy. One time we came with cauliflower. We didn't even have time to get the scale out. People were just grabbing it and asking how much. — Joanne Simpkins



There is a social atmosphere to the Seneca market, says Audrey Simpkins. PHOTO PHOTO BY LAM BOWMAN

There's a social atmosphere to the place, Audrey says she will see people hanging around for hours waiting for coffee and getting to know the vendors.

On Sundays, when parking is free, the pace is slower.

"Sundays reminds me of the old market. Customers seem more relaxed," she says.

Keeping up with trends is a big part of staying successful. The Simpkins have adjusted their goods to go along with demand. Corn and potatoes used to be big sellers. Now carrots top the list.

"If people don't want to pay what we have to make to survive, then we just growing that real concrete atmosphere else," Audrey says.

They also try new things with various degrees of success. They dabbled in kale but never had any success. On the other hand, Japanese squash became a popular item.

"One thing did always stand out in my mind diversity is really the key. The more different stuff you have, the more of a draw you are," Dixon says.

Dixon has spent his life at the market. Audrey remembers him at two years old playing with toy cars underneath the table.

He earned an engineering degree, but later decided to take his proper place in the Simpkins lineage: growing and selling vegetables like the three generations before him.

"You're not sitting at a desk work-

ing at a computer. You're outside doing stuff," he says.

Dixon says he thanks about the history of the market — and his family's place in it — a lot.

"In my retirement with the board and other members, I always try to remind people where we came from and the philosophy behind the market," he says.

The whole Riversdale development thing is changing people's minds about this area.
It's becoming the place to be — Dixon Simpkins

It's an exciting time in the neighbourhood. With new businesses opening, and condo developments set to bring more population down city, the market is set to benefit greatly.

"The whole Riversdale development thing is changing people's minds about this area. It's becoming the place to be," Dixon says.

He can't say what exactly the future holds. He and his siblings will keep growing and selling their veggie boxes. They'll try to keep up with whatever the crown demand.

As the city changes, they'll change with it.

Whatever happens, Audrey is happy to have been part of 40 years of Saskatoon history.

"The farmers' market has been good to us."

asimpkins@twosparks.com
bettercan'tbetrade



The Simpkins booth at the Saskatoon Farmers' Market. The family continues to grow and sell vegetables, and will try to keep up with the demands of customers. B404625 PHOTO BY LISA SCHWABE

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Our goal has been to provide the farmer or local business with a large customer base so they can grow the connection between local producer and local consumer. — Chris Dunlop

COMMUNITY FARMERS' MARKET OF SASKATOON

Fresh goods, easy access to market

By Sean Tremblath

When the Saskatoon Farmers' Market moved to its permanent location in Riverside, some of the producers wanted to keep offering their wares in other locations around town. They started their own organization, and eight years later the Community Farmers' Market of Saskatoon is still going strong.

"We like to brand ourselves as non-meaty market and local. We try to go out to the public and offer them more convenient way of getting to us," says Chris Dunlop, the group's president.

The market has about 30 members who offer a variety of vegetables, meats, preserves and baking.

Our goal has been to provide the farmer or local business with a large customer base so they can grow the connection between local producer and local consumer," says Dunlop, who runs a health food business, Jean's.

Chadwick Brinkman and her husband, who grew near Outlook and sell under the name Spring Creek Gardens, have booths at both farmers' markets. "There are a lot of similarities, but the community market is a bit more popular among an older clientele, she says.

"I find this market as a little friendlier to elderly people because there's parking right here."

Brinkman has seen a big increase in business in the last three years.

"The old local really blew up and the city has been growing."

Kristen Hepher is one of the non-meaty market's most successful sellers. She was just a teenager when the market was founded in 2007. She has grown her business, Kristen's Homemade Preserves, into her main source of income.

Hepher also sells downtown, and says the smaller nature of the non-meaty market is what draws a lot of the regular customers. "It's the ease of access of it. They can come get their stuff and leave in 10 minutes."

Roddy Denard and her friends like the easy access available at the community market.



Chris and Joanne Dunlop serve a customer at their booth at the Community Farmers' Market of Saskatoon. PHOTO BY LARA BOWEN

FASHION

Have an outfit you've styled for an upcoming event?
Send a photo to bridges@thetarpheoenix.com

#STYLE

Dressing down and dressing up

By Sean Trembath

Cheba Kapiak is free-spirited about her fashion style.

"I usually just have a room full of things and throw them all together. There's no strange way of doing it," she says.

Her job as a hairdresser in Scottsdale is a hazard to clothing.

"There's certain clothes I can't wear to work, because they get dirty and full of color. I get color on everything," Kapiak said.

As a result, she takes days off as an opportunity to mix it up and wear the things she can't wear to work. Kapiak doesn't dress as often — one for a casual summer day and one she would wear out for a night of fun. When asked what themes drive her style, she has a simple two-part answer.

"Fashion trends and comfort."

Kapiak says casual outfits are the type of things she likes to wear on a summer day off. It's a chance for her to go more casual than she can at work.

"Just going out shopping and doing errands," she says.

1 TOP: La Senza. "It's actually my second one. I had my other one for years. I wear it all the time so I found another one. It's really versatile."

2 HEELGLASS: Aldo. "I tend to wear them with a lot of things because they're very plain, so they're versatile for dressy or not."

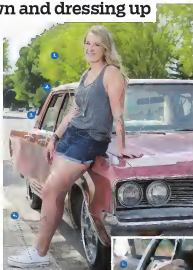
3 SHORTS: The Bay

4 SHOES: Converse. "They're comfy but fashionable. I'd never wear them to work, they're black and full of color in a couple places."

5 NAILS: "Done by my cousin. I get them done every three weeks, usually in a pedicure."

6 WATCH: Michael Kors. "I bought it in Phoenix. I tend to buy all my Michael Kors watches there because they're a bit cheaper and there's more selection."

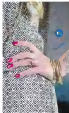
7 EARRINGS: Hilberg and Bork. "The lady was an Ursula's Girl. She won an Ursula's Girl and now she's based out of Regina. I have three different colors of the same earrings."



When getting ready to go out on the town, Kapiak still mixes and matches but turns up the formality a few notches. "Usually something a little bit fancier, a little bit more business casual," she says.



8 JUMPER: Old Navy. "I just got it a few weeks ago. I like it because it's comfy and you can dress it up or dress it down. I tend to wear it more than most things just because I can wear it to work or I can wear it out."



9 SHOES: Alvinis. "They're very comfortable and quite neutral, so I wear them a lot."

10 BRACELETS: Aldo

ON THE SCENE

#POTASHCORP FRINGE FESTIVAL

The PotashCorp Fringe Festival is back on Broadway. The annual event attracts thousands to the festival site, and local bars plays off nearby venues. Plus, Broadway class evenings and seminars to make room for buskers, entertainers and vendors. There are food trucks and an international market. The Fringe wraps up Saturday.

BRIDGES PHOTOS BY LIAM RICHARDS



1. Arlene Muscarello performs at Broadway Avenue and 10th Street

2. Norina Maxwell, Lara Lemmingship and Tom Batzoff

3. Kristen Ruffalo and Aaron Knefule

4. Ken Kwan and Kristin Bruce

5. Bianca Lomax and Kelsey Topole

6. Jeff Novack and Roanne Zacharias

7. Go Mendez and Matt Hazen

8. Seth Korn

9. Laurel Tree and Mel Langley

10. Andre Pheonophan



FOOD

SUMMER CANNING

Author wrote the book on canning

By Renée Kuhlman

I first met Amy Brown almost three years ago in the small airport in Wenatchee, Wash. Both of us had flown in on a media tour sponsored by the U.S. Organic Trade Conference and we couldn't believe our lucky stars that we were seeing such a beautiful part of North America on someone else's dime.

During those few days in September we wandered orchards, apple picking plums and Pike Place Market together, bonding over our love of Coconino Street and good coffee. I remember watching Amy Brown as her element when we were given a processing lesson at a Whole Foods in Seattle. This woman clearly loved to live. Her passion for preserves was evident. I had no doubt then that she would one day write a book about it. And she's done just that! The Canning Kitchen was released in early June by Penguin Canada and is already a national best seller. Clearly, this country loves to eat, too!

I've craved only a few times to say life — I make a mean apple butter — and while it does take a little work, I'm always pleased with the results. Amy's beautiful book has me wanting to do more of it this summer and fall, while produce is at its peak. Whether you are new to the world of canning your own food, or a seasoned pro, you'll find lots of delicious recipes and helpful tips in The Canning Kitchen. Amy goes through the type of equipment you need and has written a step-by-step checklist to easily preserve each recipe. This is useful to someone like me, who knows a little, but not a lot, about canning.

All of these extraordinary small batch recipes, from jams and jellies to chutneys and pickles are beautifully highlighted by Amy. Her book breaks the tradition of canning with a lot of a modern spin. I'm inspired to beat the pop-top pop on my counter later this summer and if you're a canner, you know what I'm talking about. Recently I attended my first and



soon said not get a head of a head — a popular canner and to get your fill of great condiments for just \$7. I think I'm going to shelve this purchase with pickles. I'm answering a little over the recipe for Country Peach Cobbler Topping. Imagine tasting that bit of summer in the deep dark depths of winter.

Garlic Rosemary

Apple Jelly

Amy recently had a book signing in Saskatoon at McNally Robinson Bookstore, and I was fortunate to have her as my house guest. She whipped up a batch of this Garlic Rosemary Apple Jelly in my little green kitchen, and made it look so per easy. She served it on sliced baguette at the book signing and every one loved it. Lucky for me, she left a few jars behind and I've been enjoying this delicious chutney for a dinner ever since. It's fantastic with grilled sausages and on a charcuterie platter, or even simply spread on good bread like the Bûche loaf from The Night Cook Bakery as featured with a double layer of sliced chicken for a dinner.

- > 1 lb. (2.5 kg) apples (any variety)
- > 5 cups (1.25 L) water
- > 1 cup (250 mL) granulated sugar
- > 2 cups (500 mL) white vinegar
- > 1/2 cup (125 mL) chopped fresh rosemary
- > 1 tsp (5 mL) minced garlic



Garlic Rosemary Apple Jelly makes a great spread for bread. PHOTO BY RENÉE KUHLMAN

Instructions: Place the apples under cool running water. Chop into chunks, including the pretty rich apple seeds, core and place in a large heavy-bottomed pot. Pour in the water. Bring to a boil over high heat. Reduce heat to medium-low and continue cooking for 30 minutes, until mushy, stirring occasionally. Scoop hot apple mixture into a jelly bag (or a colander lined with a double layer of dampened cheesecloth) suspended over a large bowl. Let it drip until you have 1 1/2 to 2 cups (375 to 500 mL) of 1/2 cup (125 mL) juice. (You can take a few beans.) Pour juice into rinsed pot. Stir in sugar, vinegar, rosemary and garlic. Bring to a full boil over high

heat. Boil until a full honey ball, stirring frequently, until it reaches the gel stage about 10 minutes. Remove from heat and skim off any fatty foam. Ladle into 3 clean 16-oz (473 mL) jars, leaving a 1/2 inch (1.25 cm) headspace. Fill canner with water and place it over high heat of level 20 minutes before you need it so it will be boiling when jars are ready to be processed. Follow manufacturer's instructions on the jelly bag for preparing lids for processing. Process new lid life over clean jar tops and secure in place by twisting on screw bands just past fingertip tight. Not too tight — some air will need to escape during processing. While jars sit in

water bath canner, covered by at least 2 L (5 qt) boiling water. Cover canner and process for 30 minutes. Start timing when water in canner returns to full boil. When processing time is up, turn off the heat and remove lid. Leave jars in canner for a more minutes. Remove processed jars from canner and leave to cool for 12 to 24 hours. Do not tighten screw bands while jars are cooling. Once jars are fully cooled, press middle of each lid to check for a vacuum seal. If center of lid is sucked down, jar has fully sealed. Makes 3 (16-oz) (1 cup) jars.

Sources: The Canning Kitchen: All Simple Small Batch Recipes by Amy Brown (Penguin 2009)

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Which old Aesop's fable involves philosopher Julia's refusal from cryptic "silly" notes?
 3 Not one, subsequently
 5 Which late-Aesop, once known as the fable?

14 Also known as "the fable"

15 "I'm in"

16 "Drama on a stage"

17 "I'm in"

18 "I'm in"

19 "I'm in"

20 "I'm in"

21 "I'm in"

22 "I'm in"

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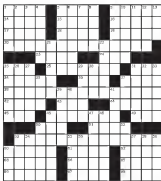
76 "I'm in"

77 "I'm in"

78 "I'm in"

79 "I'm in"

80 "I'm in"



15 ACROSS: 1. WILLY, 2. ILL, 3. LILLY, 4. LILLY, 5. LILLY, 6. LILLY, 7. LILLY, 8. LILLY, 9. LILLY, 10. LILLY, 11. LILLY, 12. LILLY, 13. LILLY, 14. LILLY, 15. LILLY.

JANRIC CLASSIC SUDOKU

Lewin Brown

Fill the blank only

using numbers 1 to 9

Each number can only

appear only once in each

row, column and 3x3

block. Use logic and

process of elimination

to solve the puzzle

The difficulty level

rings from Bronze

(easiest) to Silver

to Gold (hardest)



Sudoku is the crossword puzzle and the Sudoku code found on Page 19

ASK ELLIE

Daughter doesn't need pre-wedding drama

Q My boyfriend and I ended our 10-month relationship

It wasn't always easy, but we were happy. We met each other's friends, we went on trips and dates — we were in love.

I had bouts of depression and eating disorder, but struggled with anxiety and panic attacks, but we supported each other.

But several months ago, his anxiety went out of control. He had to quit work. He was having panic attacks, panic attacks, panic attacks.

A few weeks ago, he said he couldn't do it anymore. Our relationship was too draining on him.

He was afraid he was hurting me. I had to let him go.

We talked me out to wait for him because we don't know how long recovery would take or when he'd be like when on medication.

I just put out of control so he can focus on getting better on his own?

He said I should tell him if I'm having a hard time. I think my depression's coming back — but would that hinder his recovery process? How often can I reach him without making him anxious?

Skill Very Caring

A: Do what he's asked — gave him the space to try and recover.

It means consistent contact only. He was afraid to say he wants to know when you're having difficulty, but that is counterproductive in his dealing with anxiety as well.

Send a personal note (not intrusive) that he's not — he can open it when he feels like it. It's positive and encouraging about him without mentioning your own situation.

But do take care of yourself. Reach out to family and friends to combat dealing on this separation.

There's a valid reason for it based on my story enough to know he needs professional help and a focus on himself.

Q My mother's very difficult. He knew my sister's married my brother, sister-in-law and my other siblings.

At my nephew's recent wedding, there was a point in place so that she wouldn't disrupt the wedding or upset guests.

My daughter's now refused to invite my mother to her wedding.

Her fiancé and his family, plus her cousins and siblings, support this decision. I'm torn that she only wants people she loves and who love her sincerely, whereas my mother

Ask Ellie



has been mostly unsupportive of her and her relationship for years.

My mother's the only family member not invited.

When the couple recently told her she wasn't invited, my mother started yelling and the couple left.

My husband's best friend support my daughter and her fiancé, as well as me. I don't know what to do to make this situation better.

Pre-Wedding Drama

A: The damage was done long ago, so the likelihood of a lasting rapprochement between grandmother and bride is slim.

However, there is one chance for a window of civility on both sides at the wedding.

Tell your mother that if she wants to be invited, the most she can do is apologize for her past negativity toward both of them. And say that she loves her grandchildren and wishes them both a happy marriage.

Tell your daughter that if this happens, she's to be generous enough to accept the apology if clear the air for the whole family's benefit and for appearance's sake too at the wedding, at least for awhile.

If one or neither is willing, that is a situation of your mother's making. Tell her so.

COMMENTARY: "A woman, at her wedding, she was being used by her boyfriend. I believe often he felt the same way."

"Another woman wrote that because her boyfriend had proposed, yet, she was doing it if she should dump him — though he's a great guy and there were no relationship problems."

"With my last girlfriend, I'd made my first guy and his family plan — I wanted to tell it slow and I wasn't ready to be intimate."

"A few months later, I learned that she was cheating and blamed me for it."

"One other girlfriend demanded that I get a vasectomy. When I refused, she flipped out."

"I feel that women don't deserve a guy if they don't respect his beliefs, and needs."

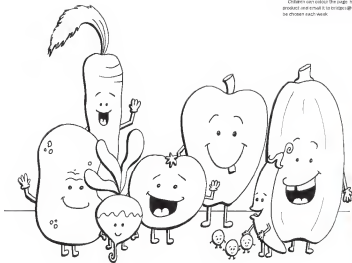
"As a man, I've found that some women forget that love, respect, trust, commitment, and all these other healthy things in a relationship must be a two-way street."

OUTSIDE THE LINES

Colouring contest

Each week Stephanie McKay creates a family illustration meant to appeal to all ages.

Children can colour the page, have a picture taken with the finished product and email it to emckay@thislaptop.com. One winner will be chosen each week.



Last week's contest winner is Mikaela Ibrahim. Thanks to everyone who submitted entries.



Social Good parties are mini fundraisers organized by YOU!

- 1 Pick a date for your Social Good party
- 2 Go to www.CanadaHelps.org and create a fundraiser
- 3 Tell all your friends!



Social Good

Help create a Saskatoon without violence, homelessness, or poverty. www.ywcasaskatoon.com (306) 244-7031 ext 122

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

MUSIC

Wed., Aug. 6

Jordan Welbourne
Buds on Broadway,
817 Broadway Ave.

Architectural Drawing w/ Haze
Masons and Pizza Sluts
Vampires Tavern,
801 Broadway Ave.

Jee Nolan
Capitol Music Club
244 First Ave. N.

Kelly Reed
Pizzys Pub and Grill,
1433 Idylwyld Dr. N.

Dan O'Leary and Gopher Wall
Village Gutter & Amp,
432 10th St. W.

Thurs., Aug. 7

Mess & Freight Train
Cocklers Restaurant & Lounge
1-127 First Ave. SE.

Charger
Buds on Broadway,
817 Broadway Ave.

Rhly Skaggs w/ Kentucky Thunder
Delco's Dunes Casino,
204 Delco's Dunes Way, Whitecap

The Casualties
Angus Cantina,
806 Duffryn Ave.

Tank, The Avulutions and Wanda's
Vampires Tavern,
801 Broadway Ave.

Fri., Aug. 7

Mess Without Shame
Buds on Broadway,
817 Broadway Ave.

Drifwood
Army & Navy Club,
359 First Ave. N.

William and the Shadows
Fairfield Senior Citizens' Centre,
103 Fairmount St.
Zelke Blomdelt



Taking Shelter by Kathryn Thompson is on display at The Gallery at Frances Morrison Central Library

McNally Robinson
3030 Eighth St. SE.

The Department Heads w/ Old Towns
Capitol Music Club,
244 First Ave. N.

Krazy Madness
Pizzys Pub and Grill,
1433 Idylwyld Dr. N.

Born in Hammond w/ Bomborg
and Quilten Heavens
Angus Cantina,
806 Duffryn Ave.

Remedial Gentile
O'Brien's Event Centre,
241 Second Ave. S.

Maureen Holcomb
Village Gutter & Amp,
432 10th St. W.

Sat., Aug. 8

Fear of Knowing
Buds on Broadway,
817 Broadway Ave.

Drifwood
Army & Navy Club,
359 First Ave. N.

The Rhythmaires
Downtown Legies,
806 Spadina Creek, W.

Hettie Struck and Ryan Lahade
McNally Robinson,
3130 Eighth St. SE.

BOOMing w/ Doctor Robby Quiver
and Sonorific
Angus Cantina,
806 Duffryn Ave.

Prove Yourself Hip Hop Showcase
O'Brien's Event Centre,
241 Second Ave. S.

Krazy Madness
Pizzys Pub and Grill,
1433 Idylwyld Dr. N.

Sun., Aug. 9

Acoustic Jam
Buds on Broadway,
817 Broadway Ave.

Mon., Aug. 10

Diek Macinnis
Buds on Broadway,
817 Broadway Ave.

Tues., Aug. 11

Toonies
Buds on Broadway,
817 Broadway Ave.

Old Man Lundecke
Village Gutter & Amp,
432 10th St. W.

ART

Artfulky Gallery
Until Aug. 28 at 813 Broadway
Ave. SOG 40th Anniversary Show
and Sale: Works by Saskatchewan
Craft Council members Reception
Aug. 7, 7 p.m. to 9 p.m.

Collector's Choice Art Gallery
Until Aug. 6 at 6250 First Ave. N.
Floral paintings by Laurel Schon-
stead-Smith and prairie landscapes
and cows by Marilyn Hest in gallery
one, and a Gallery Artists' Show in

gallery two.

Western Development Museum
Until Aug. 9 at 2610 Lorne Ave.
RECO by Mandy Yee Miller.

Hand Wore Gallery
Until Aug. 9 at 400 Third Ave. N.
Mechan: Field Study, a ceramic
sculpture exhibition, by Anita
Reichman.

**The Gallery at Frances Morrison
Central Library**
Until Aug. 13 at 201 33rd St. E. Life
Near the River by Kathryn Thompson.

SOVAP Art Gallery
Until Aug. 15 at 253 Third Ave. S. &
Collection of Thoughts, artwork by
U of S alumni to Reemo Polson.

Home Art Supply
Until Aug. 15 at 1818 Lorne Ave. The
Art of Pottery, works by James M.
Clow.

Black Spruce Gallery

Until Aug. 15 an Highway North-
side, south of Spruce Lake: North-
side: Lake Burnell: Works by Jennifer
Spenscoe, Denise Kietz, Angelle
Moogan, Cheryl Tuck-Talton, Cam
Hawster and Greg Hargarten.

The GalleryArt Placement
Until Aug. 30 at 238 Third Ave. S.
Abstract Abstract, works by a new
generation of local abstract arti-
sts.

St. Thomas More College
Until Aug. 31 at 1437 College St.
Requiem by Marlene Martin and
Cathryn Miller.

Eye Gallery

Until Aug. 28 at 107-1103 College
St. Eye's: Works by Brian Basille,
Carol Daniels, Marlene Martin,
Quinn McDonald, John Perret, Jan-
nie Fleeter, Trint Thomas, Karen
Wolpoe and Fran Zarr.

Station Arts Centre, Southern
Until Aug. 30 at 701 Railway Ave.,
Southern: A Retrospective by
Kathy Thieszen.

More events on Page 16

EVENTS

Market Mall Playland Art Gallery

Until Aug. 31 at Market Mall, 2320 Preston Ave. The Drawings of Nature Around the Park by students of St. Gertrude School

Gallery 616

Until Aug. 31 at 616 North St. E. A collaboration of works by Saskatchewan artist Lynne Gilheoley

Brainwaves Studio & Art Gallery

Until Aug. 31 at 308 Spadina Cres. W. Artworks by Emily Carr, a Canadian artist living and painting at the same time as the Famous Group of Seven. A Powerful Meditation series and front features Emily Carr quotes.

Ukrainian Museum of Canada

Until Aug. 31 at 910 Spadina Cres. E. Reba's House by photographer Lucien Dunay and Kasia Kosak

Humboldt and District Museum and Gallery

Until Sept. 18 at 501 Main St., Humboldt. Local Perspective with Mesquim Moonskine Gang: Criminal Face Jugs by Warren Stoddard and Rick Up Sticks and Storybooks by Kaitie Carly

Handmade House Showcases

Until Sept. 26 at 710 Broadway Ave. Paintings and wooden bowls by Ladd Hegarty

Urban Centre XI

Starting in September, Monday to Friday, 10 a.m. to 5:00 p.m. Hosted by SCVP Gallery. A 30-week employment readiness art program for youth ages 16-19 who have artistic talent and face multiple barriers to employment. Providing training and life skills, personal development coaching, empowerment and employment readiness training. To apply call 309-632-7760 or email scvpinfo@gmail.com.

Gallery on the Green

Until Oct. 1 at Market Mall, 2320 Preston Ave. Quality Measles, a Task Force group exhibition

Western Development Museum

Until Dec. 6 at 2600 Lawrence Ave. Canadian Day 1. Born the Canadian Museum of Immigration at Pier 21. Explore immigrants' diverse personal Day 1 experience, from Confederation to present day.

FAMILY

Stars and Strollers

Wednesdays 7 p.m. at Centra Cinemas in The Centre. Choice of two movies each week. A baby-friendly environment with lower volume, dimmed lighting, a changing table and stroller parking in select theatres.

Cir's Crawl and Play

Daily, 10 a.m. to 11 p.m., in Bay 4 of 679 South Railway St. W. in Wexham Saskatchewan's newest indoor playground. For children up to age 12. Visit spaceinbandplay.com or their Facebook page.

Fun Factory Indoor Playground

Daily at 1822C Quebec Ave. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fenced in area for children under two.

Children's Play Centre

Daily at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unsupervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides children must wear socks in the play area.

Kids Bowl Free

Daily until Aug. 31 at Harbors Bowling Centre: Eastview Bowl, 2920 Louise St. and Fairview Bowl, 3001 22nd St. W. Kids ages 10 and under can bowl two free games each day for the summer. Must be pre-registered. Register at kidsbowlfree.com

Parent and Toddler Yoga

Thursdays, 9:30 a.m. to 10:15 a.m., and/or Saturdays, 10:30 a.m. to 11:15 a.m., at Yoga Life, 2-15 Third Ave. S. Classes taught by Nina Zard for parents and their toddlers ages one to five. Introduce your toddler to the world of yoga. Classes use basic postures, poses, meditation, movement, play and song. Classes are six weeks. Register at toddlerandparentyogalife@gmail.com, 306-381-8822.

Breadfeeding Cafe

Thursdays, 10 a.m. to 12:30 p.m., at Westwinds Primary Health Centre, 301 Fairlight Dr. A drop-in support group for breastfeeding women. Sessions will be facilitated by a lactation consultant with adult educational presentation, and time for interaction with the other mothers.

Shop in School

Friday, 9:30 a.m. to 10:30 a.m. - meet in front of Customer Service at The Mall at Lawson Heights. Classes consist of power-walking, body-sculpting moves using exercise tubing and a scapular for parents and babies. Pre-register at rumsandbabiesfitness.com. No classes on stat holidays.

ONE WILL CHANGER MAKE PLAYERS ON DEFENSIVE

SPORTS

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Spotlight on Durant at Riders' mini-camp

THE RIDER STORE

The Centre - Saskatoon Mall at Lawson Heights

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*Offer good until August 1, 2011. Maximum of one (1) phone. Not for resale. Limit one (1) phone. Area only per person. Offer limited to residents of Saskatchewan. For complete terms and conditions, visit us at www.backdrop.net.

EVENTS

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Carnival Camp

Until Aug. 31, 10 a.m. to 4 p.m., at West Point Pottery, 5-3110 Eighth St. E. For ages eight and up. Carnies painting with different mediums. Pack a lunch. Register at 306-373-3215. westpointpottery.com.

Kid Yoga Classes

Agas five to 12 on Saturdays, 11:30 a.m. to 12:15 p.m.; homeschooled ages five to 12 on Mondays, 10:15 a.m. to 11 a.m., at Yoga Life, 2-185 Third Ave. S. Classes taught by Nini Zarit helps kids regulate emotions, find focus, relaxation, self-awareness and inner fulfillment. Physically helps with balance, strength, flexibility, coordination and body awareness. Classes are six weeks. Register at freedomfromthetwilightyogagroup@gmail.com.

Prenatal Partner Workshops: Yoga for Children

Saturdays, 1 p.m. to 4 p.m., at North Rhythms, 248 Third Ave. S. Instructed by Miss Zarit. Learn various tools and techniques to help you through labour and delivery. No previous yoga experience is needed. Classes are six weeks. Register at freedomfromthetwilightyoga@gmail.com, 306-361-8852.

Flower Games

Aug. 8 and 9, 15 and 16, 22 and 23, 29 and 30, 11 a.m. to 12:30 p.m., at Meadow Valley Centre. Drop-in activities for all ages. Playing games from the old days, including jacks, crokinole and pick-up sticks. Make your own version of an old-fashioned toy to take home.

Flower Crafts

Aug. 9, 10 a.m. to 4 p.m., at the Main Residence, 306-945-51. Make a handmade item that is typical of an earlier time.

Mom and Baby Yoga

Mondays, 11 a.m. to 12:30 p.m., at Yoga Life, 2-185 Third Ave. S. Classes taught by Nini Zarit. For mothers with babies as young as six weeks. Tone and strengthen your body, learn relaxation and meditation tools and explore breath-work. Classes are six weeks. Register at freedomfromthetwilightyoga@gmail.com.



The PhoenixCup Fringe Festival can't wait! Aug. 8 - 10, 11 a.m. to 4 p.m. at the Main Residence.

Prenatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Beginner to intermediate yoga designed to help with postpartum recovery. Baby-friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at magnus@yoga.com. No class on stat holidays.

Canadian Light Source (CLS) Public Tours

Mondays, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 306-651-3843, email outreach@cls.ca or visit lightsource.ca/outreach/public_tours.php.

Prenatal Yoga

Mondays, 7 p.m. to 7:45 p.m., at Pregnancy and Parenting Health Centre, 248 Third Ave. S. Taught by a doula and certified yoga teacher. Informative and safe for any stage in pregnancy. Call 306-351-6543 or email magnus@yoga.com. No

class on stat holidays.

2015 Music Camp

Aug. 10-14 at the Ness Creek site. Hosted by Northern Lights Music and Old Time Music Society. The camp will be taught by musicians and is open to all levels of musical experience. Register at picnic.com. Information at northernlightsmusic.com or oldtimemusic.com.

Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Montebello Museum, 3030 Eighth St. E. For children ages three to five in the Circle of Five. Call 306-355-1477.

Pottery Camp

Until Aug. 14, Monday to Friday, 10 a.m. to 4 p.m., at West Point Pottery, 5-3110 Eighth St. E. For ages eight and up. Pottery projects, new techniques and shapes. Pack a lunch. Register at 306-373-3215. westpointpottery.com.

Art Camp

Until Aug. 21, Monday to Friday, 10 a.m. to 4 p.m., at West Point Pottery, 5-3110 Eighth St. E. For ages eight

and up. Different mediums include paper making, plaster, mosaic, canvas and watercolor. Pack a lunch. Register at 306-373-3215. westpointpottery.com.

Living History Children's Summer Camps

Until Aug. 21 at the University of Saskatchewan. Camps for ages six to 12 on the summers of the ancient and new-world world. With activities, art projects, crafts, games and workshops. Register at kidscape.usask.ca.

AgBio Discovery Camps

Until Aug. 21 at the University of Saskatchewan. Camps for Grades Three to Six. A hands-on introduction to agriculture for campers from urban and rural backgrounds. Visit kidscape.usask.ca.

Selection Army Beaver Creek Camps

Various camps until Aug. 27 at Beaver Creek Conservation Area. Camps available for ages six to 18, as well as one for the whole family. Visit beavercreekcamps.ca.

Yell Be Outside Camps

Until Aug. 28, 9:30 a.m. to 3 p.m., for various camps and age levels. For ages eight to 15. A highly-organized and structured program designed to prepare players to play at junior and senior secondary school basketball teams. Additional free camps for ages 11-15 are available to anyone signed up for regular camps. They also offer a chance to earn extra cash toward the camps by helping man their kiosks in shopping malls. Information at yell.ca.

Recreation Day Camps

Until Aug. 28 at the University of Saskatchewan. Camps for ages eight to 11, with daily field trips and assure study. Register at 306-966-5579. Visit kidscape.usask.ca.

Haskins Sport Camps

Until Aug. 29 at the University of Saskatchewan. Presented by the Haskins. Various camps for ages five to 17. Hockey, soccer, basketball, football, volleyball and wrestling. Visit haskins.usask.ca/sportscamps.php.

SGS Science Camps

Through August, 9 a.m. to 4 p.m., at the University of Saskatchewan. Camps for Grades One to Nine in science, technology, computer science, medical science and veterinary medicine. No projects each year. Visit kidscape.usask.ca.

Playgroup

Monthly and seasonal events hosted by Prairie Home Learning Community, a group of families inspired by Waldorf pedagogy. Programming is aimed at children ages two to five, but all ages welcome. Information on their Facebook page.

Engineering for Kids

Children ages four to 14 can learn about technology and how engineers help it develop. Classes, sample projects, and hands-on with hands-on STEM enrichment activities. Get information and register at engineeringforkids.net/usask.com or 306-978-1155.

Continued on Page M

EVENTS

What you need to know to plan your week.
Send events to bridges@thetraphoenix.com

BIBBICK & RICE'S Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for parents to build unique connections, play games, and have fun using LEGO bricks. Visit bibricksandrices.com or call 306-593-2169.

Saskatoon Public Library Programs

Ongoing public programs for children and families. Find the calendar at saskatoonlibrary.ca/node/1216

SPECIAL EVENTS

Saskatoon Farmers' Market
Open year round. Wednesday and Sunday 10 a.m. to 3 p.m., and Saturday 8 a.m. to 2 p.m. Farmers are in attendance Tuesday to Friday, 10 a.m. to 3 p.m., and Saturday and Sunday during market hours. Food samples and livestock shows are open. Information at saskatoon-farmersmarket.com. Contact 306-261-6242, info@safo.ca or 306-261-6242, info@safo.ca

Mayfair Carpet Bowling

Wednesdays, 11:30 a.m. at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-431-3151.

International Seniors Activity Club

Saturdays until Aug. 28, 2 p.m. to 4 p.m. at Meadowview House for All Nations, 454 W. St. Board games and snacks for seniors and their families. This is a drop-in club.

Scottish Country Dancing

Aug. 5, 7:30 p.m. to dusk, at their Landmark Amphitheatre. Hosted by the Saskatoon Scottish Country Dancers. Informal social dancing. Everyone is welcome. Postage donation is free. Wear sturdy sandals or shoes, bring water and buy some information at scotdancers.org. Saskatoon: 306-594-6646.

Bergan Basement Store

Thursdays, 11:30 a.m. to 3:30 p.m. at St. Paul's United Church, 454 Eighth Ave. Clothing for babies, children, men and women, and jewelry.

Carpet Bowl

Thursdays, 12:30 p.m. at Nations Legion Hall, 3023 Louise Ave. Hosted by the Nations Senior Citizens Association. Lunch and coffee are available for a fee.

Gibson Recital

Aug. 4, 6 p.m. at Quince Theatre at the U of S. Presented by Prairie Music Residency.

S/P/D Dances

Thursdays through August, 7 p.m. at Keweenaw Park, Saskatoon International Folkdance Club. Learn dances from many countries around the world. Everyone is welcome. Admission is free. Visit sifd.ca.

Borden Farmers' Market

Friday until Oct. 9, 10 a.m. to 5 p.m. at Borden Fire Hall. Information at 306-991-2115.

Westside Community Centre's Clothing Depot

Saturdays, 10 a.m. to 3 p.m., at 3025 Fairlight Dr. Free clothing for all ages. Free baked goods from a local bakery. They take donations of clothing, footwear, accessories and toys. Information at 306-322-8732.

Show and Shine

Aug. 8, 11 a.m. to 2 p.m. at the Park Town Hall parking lot, 625 20th St. E. The third annual Saskatoon Antique Auto Club Show and Shine. Presented by Parkville Menor and the Park Town Hall Vintage cars, live entertainment and a barbecue.

Paisport Tour

Aug. 8, 10 a.m. to 4 p.m. around Saskatoon. Presented by the Saskatoon International Society. A self-guided tour. Participants at Dutch Gardens and both Earl's Farm and Garden locations. Information at 306-261-6923, saskatooninternationalociety.ca.

Pamela Doss III

Aug. 8, 6 p.m. at Auto Clearing Motor Speedway Sask. Legends Speedway. Drivers come competing as they battle, TQM, Bandwagons and street. Tickets at the gate.



The Saskatoon Farmers' Market Photo credit: Photo by Scott Wood

Dress Band Showcase Concert

Aug. 8, 7 p.m. at Quince Theatre at the U of S. Presented by Prairie Music Residency. Featuring Mark Wilkinson on cornet, Les Nash on tuba and Simone Rebello on percussion.

Percussion Showers on Concert

Aug. 8, 1 p.m. at Quince Theatre at the U of S. Presented by Prairie Music Residency. Featuring courtesy director Tamara Rebello.

Next Secret Garden Tour

Aug. 8, 1 p.m. to 5 p.m. through Saskatoon's west and a self-guided tour of eight neighbourhood gardens. Passports available in advance from Sissomax, Dutch Gardens and Artillery Society. A self-guided tour. Participants at Dutch Gardens and both Earl's Farm and Garden locations. Information at 306-261-6923, saskatooninternationalociety.ca.

Saskatoon Ex

Until Aug. 9 at Palmfield Park, Midway Road. Live music and entertainment. Featuring Murrans, Treash, Magic, Hedley, Dawn Kelly, Barton Cummings and

Band and Sons of the Pioneer

With Crash & Bash Blues Band, art showcases, talent search, fun zone and market square. Super passes at Co-op and Meats stores, skateboard exhibition on. Tickets at the gate.

Off-Broadway Farmers' Market, International Bazaar, and Electro

Tuesdays, 11 a.m. to 6 p.m. in the basement of Co-op Westmounter United Church, 505 10th St. E. Offering a variety of locally produced food, clothing and accessories from indie, pet products, baking, and tattoo artists. New vendors welcome. Call 306-664-2505 or email k1.henton@shaw.ca.

Book Signing at McNally

Regular book signings at McNally Bookstore, 3130 Eighth St. E. For a schedule and information visit mccnallybookstore.com/saskatoon_events.

English For Employment Class

Hosted by the Saskatoon Open Door Society. Improve English pronunciation and communication, and learn what you need to find work in Saskatoon. Information

or registration at 306-253-1331, 306-653-4464, 306-253-4335, hspears@opendoor.ca or ajayak@opendoor.ca.

THEATRE

Fringe Theatre Festival

Until Aug. 6 on Broadway Avenue. Presented by Petashorch Theatre, dance, street entertainment and buskers. With food trucks and craft vendors. Festival night, July 25, 8 p.m. at Broadway Theatre features all 32 theatre shows. Tickets and information at 306-664-2238, petashorchfringe.ca.

Offstage

Until Aug. 9 at Stratford Arts Centre in Woodburn. A musical farce comedy. A farming couple struggling to make ends meet decide to risk it all and make a stock of exotic chickens. Tickets at 306-333-5330, stratfordarts.ca.

Ring of Fire: The Music of Johnny Cash

Aug. 11-13 at Peninsula Theatre. A classic rock tribute in a tribute to Johnny Cash. Ring of Fire tells the story of finding love, success, faith and redemption. Tickets at 306-330-7177, peninsulatheatre.org.

Shakespeare on the Saskatoon

Until Aug. 23 at the Shakespeare site. Offstage is a tragic tale of nobility, love, jealousy, betrayal, revenge and redemption. Much ado about Nothing is a comedy about friendship and friendship, whose fancies for each other are obvious to everyone but them. With fine entertainment on the PotashCorp Community Stage, including juggling, juggling, juggling, short plays, poetry and readings by the River by the Saskatchewan Writers' Guild. Tickets at 306-536-7800, shakespeare.saskatoon.ca. Information at shakespeare.saskatoon.ca.

Event highlights a free, community service offered by Bridges. Listings will be printed if space permits. Submission deadline is two weeks before the event date.

WINE WORLD

#SUMMER WINE

New rosé on the store shelf a must-try

There are few better wines for summer than rose dry rose. They are transcendently soothing and encourage contemplation when drinking a glass. They can be drunk with any food, from steak/fish off the barbie, to shrimp/lobster fresh off the barbie, to salads to just watching the sun go down.

You will note I said "dry." Although rose rose like white rhinoceros, can be charming, once you're so used that slightly sweet, better flavor of dry roses is more useful, particularly when eating adult dishes that include some protein and a lot of spice.

The French (quite surprise!) have known this for ever and make great rose and of pretty much any grape, but their relentless drinking took a focus group beating over the centuries has needed the question of what makes the best rose. The rose is written on grapevine and almost everywhere.

There's a new one on the BGA shelf here: Domaine Mouton, it is mildly experimental because it substitutes whatever vineyard for the classic. I have no idea if this is because it is related to the famous Bordeaux Chateau, but regardless the wine is a mystery. It comes in elegant bottle that shows off the very dark salmon hue.

The bouquet is slightly fruity with some herbs and apple behind it. (Those vineyards are fond of saying this tastes of "garage," the



herbaceous, meadow scrub growing wild in the region. As few of us spend our free time drinking on the shoulder this is not a terribly helpful descriptor. Visiting the Mouton helps to understand the term. Alternatively you can just have a glass of Mouton, relax and enjoy yourself.

Domaine Mouton, \$17 ***

Back in Mander's paper and here some basic line some basic plan next week. Or on twitter @dubois.

Crossword/Sudoku answers

THAW	NARY	THICK
NILE	ISCK	AIKLE
UGLY	SHKA	IDLER
THINGS	OF RELIEF	
HSAR	LEN	
ANC	ONECARD	RET
SICEM	HOOD	ARLO
THUMB	CLADY	MPICS
REPS	GLIT	IONIC
ALPS	RECHART	SOA
RED	RETS	
THREES	OKAY	TOME
FRACE	ILNA	EMAG
SOSAD	FOIC	ARIA
PUPPY	TENT	WILL

2	1	4	8	9	7	5	6	3
5	6	3	1	2	4	8	9	7
7	9	8	6	3	5	4	2	1
4	2	7	5	6	8	3	1	9
9	5	6	3	4	1	7	8	2
3	8	1	2	7	9	6	5	4
8	7	2	4	1	6	9	3	5
1	4	5	9	8	3	2	7	6
6	3	9	7	5	2	1	4	8

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GARDENING

GARDENING IN SASKATCHEWAN

Strawberries worth the effort

By Sara Williams

Strawberries fresh from the garden are hard to beat. But sometimes the ease of insect pests can make the harvest less than satisfactory. Here you can look after strawberries can go a long way toward avoiding these problems.

Begin by planting heavy disease-free stock, and where possible use disease-resistant cultivars. Grow them in full sun with good air circulation and soil drainage. Control weeds to eliminate weed seed overwintering sites and to increase air circulation.

Avoid using high nitrogen fertilizer. It encourages dense foliage as well as softer fruit that is more vulnerable to disease entry. Irrigate early in the day to give the fruit and foliage a chance to dry quickly. Use an organic mulch such as straw to keep fruit from touching the soil (to prevent) and soil bacteria and fungal spores from splashing on leaves and developing fruit. Do not work in the strawberry patch or pick fruit where it is wet. Harvest early in the day as soon as the berries are ripe, and avoid bruising the fruit.

Grey mould (*Botrytis cinerea*) is characterized by a powder-like growth on the leaves and fruit. The soon changes to a soft, light brown fruit rot. During periods of cool, wet weather, or with too much overhead irrigation, plus insufficient light or poor air circulation, grey mould can cause substantial fruit loss. The fungal spores overwinter in plant debris on the straw berry patch, ready to re-infect the following spring. Therefore once picking is complete, remove all plant debris or rotten fruit from the garden or patch.

The strawberry dagger or straw berry bad worm (*Anthrenus sagittatus*) is a native North American species (small (3 mm) and reddish brown, the dagger has a narrow curved mouth about half the length of its body). Adult weevils overwinter

in nearby bush and along fence rows, emerging as strawberry dagger to flower. The overwintering females deposit a single egg in the flower or bud and then cut the flower stem so it falls to the ground or hangs by a slender thread (fence flowers reach flower buds). The white larvae (larvae) hatch within a week. They feed, then pupate inside the bud, emerging as adults in mid-summer. The new adults feed on pollen the remainder of the growing season. Early blooming strawberry cultivars appear to suffer greater damage and damage is worse in plantings older than three years.

Control nearby weeds and bush to reduce the habitat of the overwintering adults. Cultivate between the rows and around the patch after harvest to destroy the pupae. Plant later blooming cultivars. Consider using row covers to prevent entry of the dagger.

The tarnished plant bug (*Lygus lineolaris*) is a widespread strawberry pest. Adult tarnished plant bugs are flat and oval in shape (6 mm, 1/4 in.) in diameter and a mottled brown or black. They overwinter in plant debris, laying their eggs the following spring. Following hatching, the small green nymphs (immature stages), resemble aphids, feed on the blossoms and developing fruit, which then develops into "mushy," slightly flattened, deformed fruit which, with a bit of magnification, resemble the pushed-in face of a cat. Damage is worse on dry neutral soils and later maturing varieties.

Your first line of defence is to remove weeds within the patch and nearby and to mow nearby grass. A row cover can exclude the pest from your strawberry row. Insecticide is also effective. Labeled insecticides that do this job are natural predators such as ladybugs, lacewing larvae, exotic beetle larvae and several species of spiders that feed on the nymphs.

Sara Williams is the author of the newly expanded and revised *Great*



Grey mould on strawberries. PHOTO BY SARA WILLIAMS



Strawberry bud weevil (adult) and strawberry dagger. PHOTO BY SARA WILLIAMS



Adult tarnished plant bug. PHOTO BY KATHY SCHALL

ing the Prairie Territories, Gardening, Saskatoon. A checkered/white headband for the Prairie, and the Saskatoon Forestry River Park & Zoo. A Photo graphic/History Store will be leading a garden tour in Great Britain in May 2016 and in-coming with Melissa A. List, a tour of Prairie and Forest of

land in July 2016. Call Ruth (3-945-777) or 218/8 for more information.

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